

Rolling Hills Community News

Exira
Elk Horn
Kimballton
Brayton

November 9, 2023

There are three

Volume 3 - No. 18

The mystery of:
"The Hiding Elk Horns"

In the Oct 26 paper

pg 1 Hotel



Pg 19 top left picture







Pick up your FREE copy of Rolling Hills Community News at your Post Office, library, bank and local stores.

And PLEASE thank the merchants for their advertisements. They make this paper possible.

We publish on the 2nd and 4th Thursday (sometimes Friday) of the month.

Deadline for content is the **SUNDAY BEFORE**. We REALLY APPRECIATE the content you have been sending. We would ask that you try your best to get it to us by the deadline - Earlier is MUCH appreciated.

Please send your content in digital form to our email:

content@rollinghillsnews.net. We would appreciate:

- Content pictures sent as an attachment
- Text can either be in the body of the email or as an attachment.
- Text in Microsoft Word or similar format.
- Include contact information to resolve any issues

Questions? Contact: Steve or Dusty Turner: (712)764-3441(home) (510)205-8840 (Steve's cell)

(510) 566-3063 (Dusty's cell)

RHCN Spotlight

Western State of the State o

Meet the new proprietor in town. Elizabeth Wilson owns Love You Mor, a lovely boutique that sells upscale resale merchandise. Love You More is located in the old Review building north of town at 4238 Main Street. The "Mor" in "Love You Mor" derives from her Grandmother "Mormor".

Elizabeth is a descendant of Danish Immigrants.that arrived at Ellis Island in the 1940's They settled in Harlan, Iowa where their sponsor lived. Her Mormor (grand-mother), who did not speak a word of English, opened Edith's Beauty Shop in her home. She often changed the haircolor for the Jews who escaped during the war. Elizabeth's parents worked and commuted long hours. She remembers fondly spending her after school hours at the beauty shop with her Mormor. Elizabeth's family visited Elk Horn a lot as it was the next best thing to Denmark. They loved eating at the Danish Inn.

Elizabeth went on to Iowa Western College. On Spring break she worked for FEMA. After spring break FEMA asked her if she would like a full time job traveling. Hence she worked for them for the next twenty years. When Covid hit she decided to get away from everything. She and her baby daughter, Annabelle went to their cabin in Sierra Falls. She did a lot of contract work at that time. After Covid she wanted something different. She had heard Elk Horn needed retail and a place to stay while in town. She felt she could

The beliefs and opinions of submitted content should not be construed as reflecting the beliefs or positions of Rolling Hills News.

continued on page 18

WAYNE HANSEN

Real Estate

4216 Main St., Elk Horn, IA 51531 and 110 W. Washington St., Exira, IA 50076 Check out our website for more details www.waynehansen.com

List your farm where the action is! • Homes • Acreages • Farms • Real Estate Auctions • Crop Insurance



Wayne Hansen, Broker Cell: 712-249-1785 Office: 712-764-7653 40 Years Experience



Abby Rasmussen, Broker Associate Cell: 712-249-1311 Email: abbysellshomes@gmail.com 12 Years Experience

HAIL NSURANCE COMPANY



Kathi Kilworth, Salesperson Cell: 712-249-5233 Email: kk1965@metc.net 24 Years Experience

Farmers Mutual Hail

Insurance Company of Iowa

For Crop Insurance done right. Call Wayne today. Farmers Mutual Hail.

One of the only American owned **Crop Insurance Companies**



\$89,000

Adorable home. Many updates Contact Kathi Kilworth at 712-249-5233.



402 E Main St. Exira \$160,000

Brick ranch, 2 BD + much more. Contact Abby Rasmussen at 712-249-1311.



2246 265th St. Exira \$125,000

2-3 bedroom, large main floor bathroom Contact Abby Rasmussen at 712-249-1311.



2133 Hwy 44. Harlan \$175,000 Small Acreage. Must see!

Contact Abby Rasmussen at 712-249-1311.

HOMES: ACREAGES:

• 2246 265th St., Exira ... NEW \$125,000 • 2133 Hwy 44, Harlan NEW \$175,000 • 1478 200th St, Audubon PRICE REDUCED \$175,000 EXIRA:

• 402 E. Main • 303 W Washington...... SALE PENDING ...4 LOTS REMAIN • Viking Addition Lots ..

ELK HORN: • 2123 Broadway Ave...PRICE REDUCED - \$799,000

KIMBALLTON: • 204 W. 1st St..... **NEW \$89,000**

• 8439 Rosewood St., Vacant Lot..... \$10,000 ADAIR

.....REDUCED \$209,000 • 904 Guthrie St.....

• 1478 200th St **REDUCED \$175,000** • 2404 400th St, Marne NEW \$159,000 • 22133 Hwy 44, Harlan **COMMERCIAL PROPERTY** • 2109 Broadway......\$350,000/\$650,000 • 4124 Main St. Elk Horn - • 4218 Main St. Elk Horn,NEW \$159,000CASS

COUNTY LAND: • 66459 750th St., Massena......

3+ Acre lots to build on still available.

STARTING AT \$45,000

Farmland • 72 Acres M/L, Sec. 11 Sharon Twp., Audubon County \$8,000/acre or \$576,000

WE'D LOVE TO LIST YOUR PROPERTY

<u>Call Wayne, Abby or Kathi today to list your home, acreage or farm with us!</u>





Words of Wisdom from Troy:

Let us live so that when we come to die even the undertaker will be sorry. - Mark Twain

Elk Horn Office 4122 Main St. Elk Horn, Iowa 51531 Phone: (712) 764-2246 Fax: (712) 764-2247 Monday-Friday: 8:00-5:00 www.petersenagency.com



I am writing to extend a heartfelt invitation to the esteemed members of your American Legion to join us for a significant event in honor of Veterans Day, on November 13th at 2:30 pm, the Exira-Elk Horn Kimballton TAG and LEO club students will host a Veterans Day assembly to express our deep gratitude and appreciation for the service and sacrifices made by our veterans. The event will be held in the High School Gym at 4114 Maddison St, Elk Horn, IA.

We have the privilege of welcoming Pat Greiving as our distinguished guest speaker, whose insight and experience promise to make this occasion truly special. Additionally, we are proud to showcase the gratitude of our students from elementary, middle, and high school levels through various performances, all dedicated to honoring the noble work and commitment of our veterans.

Following the ceremony, we will be providing refreshments in the High School cafeteria, allowing for a time of camaraderie and reflection.

Please feel free to share this invitation with your fellow Legion members. Your attendance would mean a great deal to us and to the community as we come together to express our gratitude for the immense contributions of our veterans.

If you have any further questions, please do not hesitate to contact me at aschwery@eehkspartans.org. Thank you for your service, and we hope to see on on November 13th as we honor and celebrate our veterans.

Best regards, Andrea Schwery TAG Teacher Exira-Elk Horn-Kimballton CSD



It was a GREAT day at EEHK MS/HS! Mrs. Christensen's 8th grade Exploratory got to ride a blender bike and made smoothies and milkshakes! Then this afternoon, ThinkFast Interactive presented to the 7-12th grade students on Driver Safety!







VETERANS DAY PROGRAM

Vocal & Instrumental performances by Elementary, Middle, and High School students. TAG & LEO students will be leading the program.

The program will be streamed by Spartan Media

MONDAY

13 NOV 2023

2:30 PM MS/HS GYM IN ELK HORN

REFRESHMENTS FOR VETERANS & COMMUNITY MEMBERS TO FOLLOW



The Community

Help for Stuttering is as Close as Your Library

Thanks to generous donors, the Stuttering Foundation has donated books and DVDs to public libraries across the country, including the Elk Horn Public Library.

Stuttering Foundation books are directed to parents of children who stutter, adults who stutter, speech pathologists, pediatricians, family physicians, nurses, health care professionals, hospitals, schools, clinics, day-care centers, and all those concerned with the problem of stuttering. The DVDs feature some of the world's leading therapists with children who stutter. Since the original publication, Foundation materials have reached millions of individuals worldwide.

More than three million Americans stutter, yet stuttering remains misunderstood by most people," said Jane Fraser, president of The Stuttering Foundation. "Myths such as believing people who stutter are less intelligent or suffer from psychological problems still persist despite research refuting these erroneous beliefs."

Sixteen books and DVDs produced by the 76-year-old nonprofit Stuttering Foundation are available free to any public library. The Foundation has provided free materials to over 20,000 public libraries nationwide. A public library that will shelve them can e-mail info@stutteringhelp.org.

Information Specialist The Stuttering Foundation PO Box 11749 Memphis, TN 38111-0749 1-800-992-9392 www.stutteringhelp.org www.tartamudez.org Since 1947 - Helping Those Who Stutter

Patty Reed



News From The Mill 11.9.23

All of the pieces are finally falling into place as we head straight into the holiday season. A number of issues were finally resolved last week, allowing us to return our focus on preparing the store for Julefest. The missing pieces of our Denmark shipment are now in the gift shop and ready for new homes. The Christmas catalog, delayed several weeks due to the company's printing press being down and then with the LEIk Horn. 10 WA operator being called to jury duty, is finally in the mail. Our



Holmegaard collectibles have arrived, and the holiday food order, expected two weeks ago, is finally here which means we have gløgg in the store along with plenty of other tasty treats.

Our Denmark shipment arriving means we have some new (and returning stuff) in the gift shop including a full cast-iron 9-hole aebleskiver pan and a stainless steel rullepølse press. We've got Danish glass ornaments and greeting cards, gnomes, napkins, mugs, candles, and more of the holiday favorites. Some of these can be seen in our completely revamped Christmas catalog now in the mail to all of our members. We've printed plenty of extra copies though, and you can pick up yours down at the windmill.

We're happy to announce the windmill received \$900 from the Shelby County Community Foundation this year for a new thermostat. A few other grant applications are still out, including our application for a comprehensive 2024 marketing campaign via the Iowa Tourism office, and a large capital-improvements grant request with the Iowa Economic Development Authority's cultural resource programs. We're hoping this grant gets us the funds we need to make the final repairs and renovations we need to render the windmill fully-functional including necessary repairs to the windshaft and cap frame as well as installation of a brake cable, grease hub, and the new hoist drive wheel. It is our hope to have this project fully completed before 2026 during our 50th anniversary, so that we can turn our attention back towards the community that brought the windmill here. More information, including how to donate to the project, will be listed in our annual appeal (coming soon).

We're also working hard in preparation for Julefest and Christkindlmarket Des Moines. We're currently coordinating all of the advertising for local events during Julefest and brochures are now out for pickup at various locations. The windmill will be hosting an aebleskiver demonstration for our visitors this year, and we hope it might encourage some of our nonlocal shoppers to return Saturday for the Kids in the Village aebleskiver brunch on Saturday, November 25. We're making some special preparations for our annual Christmas market in Des Moines, too. We'll certainly have the brightest booth since Shaun has finished building new Victorian-style lamp posts to light up our area. The event runs from November 30 – December 3 and it is a great time to enjoy some unique Christmas traditions, food, and shopping. But if you go, dress warm!

As reminders, the windmill will be closing at 4pm starting Monday 11/6 as we switch to winter hours. We're also looking for volunteers to help facilitate this year's Naughty or Nisse Polar Run during Julefest. Call or stop by the windmill for all of the details.

GOOD NEWS!

YES, THERE IS GOOD NEWS!

In our previous article, we took a look at the "Way of Holiness" spelled out in Chapter 35 of the book of Isaiah. We saw that our need to be in a right attitude with the Father must come from our accepting the shed blood of our Savior for the remission of our sins and so we extrapolated from Paul's writing, in Romans, that this walk of holiness must spring from that righteousness, "Just as you once presented the parts of your body as slaves to impurity and to lawlessness leading to more lawlessness, so now present your bodies as slaves to righteousness which leads to holiness." (Rom. 6:19)

We also saw from Isaiah 35:8 that this "Way of Holiness" is for the redeemed, and for the redeemed only, i.e. those who have been purchased for God by the blood of Jesus Christ. Holiness, therefore, is a true journey, a walk with our God, if you will. The writer of Hebrews tells us that we are to 'pursue holiness'.

Perhaps we should, at this point, consider a couple questions; do we have, imputed to us, a Godly righteousness; and are we using this to form a true relationship with our heavenly Father? I can answer only for myself; you, my friends and readers, must search your own hearts and ponder your connection with the God of the universe. Are you His child and is He your Father? I pray you take this opportunity seriously.

We began this examination of the topic of holiness way back in August. I hope this long thread we have been following has been meaningful!

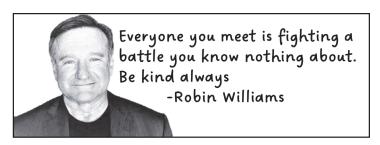
Peter, in his first letter, wants us to understand that, "Just as He who called you is holy, so be holy in all you do; for it is written: 'be holy because I am holy." Wow!! Be holy in all you do. I believe I have told you that we are dealing with a Holy God and He is holy in all He does.

So what does holiness do for us? It seems that in our day to day lives, we want to know 'what's in it for us'. Even the apostles pondered this question, "We have left everything to follow you! What then will there be for us?" (Matt. 19:27) So perhaps it is a valid question to ask – Jesus did not chastise them for asking.

Let us now go back and take another look at Isaiah 35. Are you there with me? Yes, open up your bibles and turn to this beautiful chapter. "The wilderness and the parched land will be glad; the desert will rejoice and blossom." I mentioned in our previous article that Isaiah was utilizing a poetic technique called 'personification', which is taking an attribute of a person and applying it to an inanimate object such as the desert shouting for joy.

These words of the prophet can and should be applied to the children of God today. Without a relationship with God, we were like a wilderness, a desert, a parched land. But in holiness we become glad, we rejoice and we blossom!! May our walk with God be filled with holiness.

Bill Rollins 11-3-23



ITS ONLY SCIENCE

It is time to talk about the different factors of community development. There are many things that are part of a community development strategy. They can range from local ordinances to actions taken by community officials or just ordinary residents. Some things do not easily come to mind that actually can have a positive or negative effect of development..

An excellent place to start is to consider what would attract new residents to your community. In our case small towns. Do they expect a walkable community? Are they partial to tree lined residential streets? Do they want a place that makes them feel safe? What about a good school system? They may consider which local services are available to them. Are there plumbers, electricians, carpenters, etc. Maybe the lady of the house wants a good local beauty salon. Or even how about group activities for them to participate in? What about fun activities for the whole family? Is there ample outdoor recreation in or near the community?

And of course, is there housing available for them to rent, lease, or purchase? Is it in good condition? Is it affordable? Is it something that could easily be added on to if their family grows? Or is the turnover in real estate such that they are certain that they could find a larger, or sometimes, smaller living space?

And we must also consider what exists now that would be a turnoff for new residents. Are there too many buildings in serious need of upkeep and/or rehab? Do we have a problem with speeders or just too loud vehicles? Is the otherwise quiet residential street plagued by loud parties or music often? And are the current residents willing to make the newcomers feel welcome to the neighborhood?

I know that many of these things are what our current residents enjoy. But here comes the part of community development that some people dislike. We cannot work toward community development just by considering what our current residents prefer. We have to consider that some potential residents may want some things that we have not considered. It is like buying merchandise for a gift shop. The smart buyer buys a few things that they really don't think that much of because they know not all have the same tastes.

If we are to attract long-term residents we cannot overlook the often ignored 30% of the population. People that for one reason or another simply do not drive. They may be too young, too old, or have some type of disability that prevents them from driving. Do we have a way to accommodate these people when they must have something that can't be obtained in our community?

We will closely examine some of the issues in upcoming articles. But put your thinking caps on, because a community is like a living organism, it must grow, adapt, and sometimes re-invent itself to survive! History has proven that when people work together to improve things for the community, good things will happen!

Bob Mortenson 10-13-2023.

"Kindness is a language which the deaf can hear and the blind can see."

— Mark Twain



Bells of Peace

WWI officially ended on June 28, 1919, with the signing of the "Treaty of Versailles". The cessation of fighting ended at 11 a.m., Nov. 11, 1918, which came to symbolize the war's end.

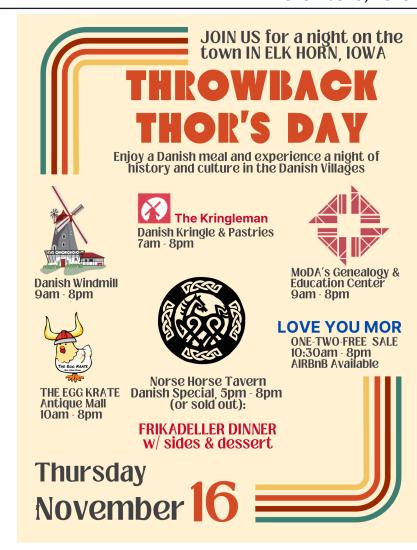
As word of the Armistice spread, people filled the streets in cities and towns throughout the world to celebrate. Church bells rang for hours!

"Bells of Peace" marks a national remembrance initiated on Nov. 11, 2018, to honor the Armistice on the 100th Anniversary.

Ever since, tens of thousands have rung the "Bells of Peace" slowly and precisely, tolling 21 times, at 11 a.m. local time on Veterans Day, to salute all Americans who served the nation in conflict and peace. This year, the bells will toll on Saturday, Nov. 11, 2023.

Sonny and Cher originally called themselves Cleo and Ceasar.

A watermelon is 92% water; a raw apple is 84%water



Create a Personal Price PlanTM

Call, click or stop by for a home & auto



Clark Ahrenholtz RICP® Agent

2114 12th Street Harlan, IA 51537-2056

Bus: 712-755-5724 Toll Free: 800-845-9715

clark.ahrenholtz.jb69@statefarm.com

Prices vary by state. Options selected by customer; availability and eligibility may vary.

State Farm Mutual Automobile Insurance Company, State Farm Indemnity Company, State Farm Fire and Casualty Company, State Farm General Insurance Company, Bloomington, IL

State Farm County Mutual Insurance Company of Texas, State Farm Lloyds, Richardson, TX State Farm Florida Insurance Company, Winter Haven, FL





You are invited to attend Village Quilters Guild

Elk Horn Lutheran Church Every Wednesday @ 1:00

Bring your sewing machne and cord and any hand-work you would like to do For more info, call Mary Secress 712-764-3485

By Wava Petersen

While browsing through the Jacksonville History (published in 1997 thanks to the late Mae Petersen and Marlene Hansen), it dawned on me that a number of readers of this newspaper live in or have ties to the Jacksonville community including me. So why not devote a column to this little village a few miles west of Kimballton. As newlyweds in



1950 my husband Lyle and I began married life on an acreage he had recently purchased at the north edge of Jacksonville. This was our home for 13 and a half years before we moved to the farm. Like numerous former residents, I have many fond memories of those mid-century years in that small, predominately Danish village. I'll share some of those in the future but right now let's focus on a few Jackson Twp. historical facts and stories included in the history book.

Rasmus Brodersen told of the primitive living conditions in Denmark. His family like many others ate their daily portion of barley mush from a common bowl. Each person had a spoon made from a cow horn which they were expected to keep clean and stored in its proper place. (Carl Greve, a Denmark native and patriarch of all the Greve's in the area was our next-door neighbor when I was small. He told us kids much the same story, but added how he and his siblings bored holes through the big mound of mush so they could look at each other through the tunnels they had carved.) Rasmus, like many other Danes, left his home country and sailed to America in 1869 at age 22 hoping to find a better place to live. It must have been better as two years later he purchased a farm northwest of Jacksonville.

Bernhard Hansen, born in Denmark, did a four-year apprenticeship in a general store learning the commercial trade during his teen-age years. He also learned about electricity in Denmark and how to wire homes. Work was difficult to find in his home country so Ben crossed the waters to America in 1914 at the age of twenty. Life in his new country was hard but it had a future. After military service in WWI Ben started a pump and windmill service in 1922 that evolved into a hardware store and plumbing business. When electricity came to Jacksonville his training in Denmark served him well and his business thrived. Known as Jacksonville Hardware it became three-generational. Ben and his wife Petra passed the business on to their son, LaVerne and now it continues to thrive under the ownership of grandson, Layne.

The JV History includes a timeline beginning with the year 1897. On October 7 that year, old corn and old oats were both quoted at 13 cents a bushel at the Harlan market. Jacksonville was "booming up" as a post-office center was established. On May 29, 1947 snow fell on Jacksonville. The temperature plunged to 31 degrees but the 2-inch corn was protected by the covering of snow. Many of the items of note in the time line told of those building new houses or barns or buying new cars, tractors, etc. Also of note through the years were histories of the businesses that came, flourished and disappeared with the changing times. Names of the various owners were noted, as well. Still standing at the crossroads bisecting the town, the Jacksonville Store was a general merchandise establishment where you could buy everything from groceries to shoes. Peggy Hansen's parents, Earl & Leota Andersen, were proprietors from 1949 until December 1961 when it was sold to Earl's neph-

ew Lynn & Mary Lou Andersen. Eventually the times caught up with rural villages. Huge supermarkets with wide aisles, more variety in merchandise and lower prices lured customers to county seat towns. With good management the Jacksonville store continued in business until 1981when the doors closed permanently.

A number of contributors to the JV History grew up in or near Jacksonville and most told about their carefree, wonderful childhood and the benefits of living where truly the children were raised by the village. The time line and the biographies were punctuated with the influence of Jackson #5 one-room country school in the middle of town, Bethlehem Lutheran Church one mile west of Jacksonville and other churches in near-by towns. Kids were safe anywhere in town. They may not have realized it then, but many eyes were always watching over them.

It was a sad day when Jackson #5 was closed in 1958 and the Jacksonville kids were bused to the schools in Harlan. Our daughter Julie, her cousin Rick Petersen, Rita Christoffersen and Dixie Hansen were the four members of the last kindergarten class to begin their elementary education at Jackson #5. Many memories of Jackson #5 were shared in the JV History. Orville Hansen recalled purchasing one ticket for the drawing at the school Christmas program. That was all he could afford. But that single ticket was enough. His name was called and he won a live goose. Peggy Andersen Hansen and several others reminisced about how special it was to be a student in JV country school; it was almost like being in one big family. Most of the students were of Danish descent and had blue eyes. Peggy, however, along with her brother Jerry and another girl were the only ones with brown eyes and they got teased that they must not be 100% Danish. Dixie Hansen Clark shared many good memories about growing up in a small town. She confessed that when she was a little girl she thought Jacksonville was a big place and stretched on forever. Her thoughts changed when she grew up and discovered a much bigger world.

Baseball and softball have been associated with Jacksonville since its earliest days as a Danish settlement. One summer Sunday in the 1950s a cultural exchange took place in Jacksonville in the form of a baseball game on the cow-pasture diamond east of the Jacksonville store. A team of Jr. High age boys from big-city Omaha were the opponents and their families joined the fair-haired Jacksonville Danes on the bleachers while the resident cattle stayed at a respectful distance to watch the game. One young city boy got quite a cultural shock as he plunged his hand into a "pasture pudding" to retrieve a long hit to left field. I'll never forget the quizzical look on his face as he examined that dripping ball. I don't recall hearing any audible snickers from the bleachers. We hicks from the sticks must have been displaying our best manners. Correct me if I am wrong, but I am sure every cow out beyond center field was wearing a broad bovine smile.

It really does "take a village to raise a child" and Jacksonville did a great job of raising theirs. I am so thankful for being a part of that neat little village. It may be small in size but it stretches on forever in the hearts of those who lived there.

Community News

Looking for Teams and Players for...

The Mixed Nuts Volleyball League at the Walnut Community Center. CO-ED League starts January 8th. Teams consist of 3 men and 3 women. Monday night games at 6:30, 7:30 and 8:30. Each team will play one or two matches per night. Cash payouts to league winners at season-end.



Contact Rick Blum through Messenger or visit our Facebook page www.facebook.com/WalnutCommunityCenter to inquire.

The Nut, a fully-stocked bar, is open in conjunction with the league and features dinner specials each week.



There was never yet an uninteresting life. Such a thing is an impossibility. Inside of the dullest exterior there is a drama, a comedy, and a tragedy.

--Mark Twain

Captain Kangaroo won five Emmy awards

Estimated ratio of lobbyists to senators in Washington D.C.: 74 to 1

What's the fastest two-footed animal on earth? .. The ostrich

40 ACRES M/L CASS COUNTY LAND AUCTION

Melodi Jenkins, Jan Jensen, Ashley Jensen, Owners

Thursday, November 30th, 2023 • 10:00 A.M.

SALE LOCATION: Kimballton Town Hall **205 N. Main St. Kimballton, IA**

JACKSON TOWNSHIP: Section 14 CSR2: 65.9

Closing Attorney: Todd Argotsinger

(712)755-3141 • 711 Court St., Harlan, IA

Auctioneers: Osborn Auction LLC • 712-579-4824

AUCTION CONDUCTED BY: OSBORN AUCTION LLC, Walnut/Harlan, IA Mitch Osborn, 712-579-4824 • John Clayton, 712-249-1024 Curtis Osborn, 712-246-8722 • www.osbornauction.com

Support to:



Me ts monthly at the Exira Library Meeting room
The 2nd Wednesday of every month from 6pm-8pm
Contact (712) 304-5779 with questions

The Mysterious Ancient Disease

A mysterious disease that affects 17 million people worldwide that has been known for over 200 years, with documented cases as old as the Egyptians and Greeks and yet it remains a mystery to the medical community. Its cause is unknown, there is no known cure, you won't find it in medical textbooks or medical school curriculum, doctors are forced to use Google to learn about it despite advances in modern medicine. This disease has been called many things, the most recognisable is Chronic Fatigue Syndrome (CFS), it is the root of the word hysteria, (since 85% of cases affect women) the most current name is Myalgic Encephalomyelitis (MS). Over the last century there have been around 70 documented outbreaks each occurring a few months after a major viral outbreak, like Epstien-Barr or most recently COVID; in the1980's there was an outbreak of more than 200 cases of CFS in Nevada following a Mono outbreak on a girls basketball team.

Multiple Sclerosis (MS) has a similar history in that before the invention of the CAT scan it was called hysterical paralysis, a physiological issue, because they could not see or measure the physical damage in the brain. While MS is a much more well known disease it is actually less prevalent than CFS, there are two times more cases of CFS than MS. One of the reasons there is so little known about this illness, which affects over a million in the US alone, is because its victims withdraw from society, they are too tired to go out and become quickly forgotten. Another reason is that medical research of CFS is the lowest funded of all major diseases, in fact despite being less common, MS has 100% more money spent on research then CFS and 600% more is spent on Alzheimer's research.

The good news is that there is hope of change in the medical community for CFS patients. Currently it is common to be unbelieved or called a hypochondriac by a medical doctor, in fact on average it takes 4 years for a person with CFS to get their diagnoses. Recently scientists have learned that CFS patients' mitochondrion (the part of the cell that makes energy) does not function properly and produces significantly less energy. This explains the main symptoms, if you have less energy in your muscle they can't function, explaining fatigue and the same with your neurons in your brain, if they don't produce the energy needed they don't function causing brain fog. These new scientific discoveries give doctors better understanding of the diseases marking 2023 as the first year that CFS has been added to the medical school curriculum/textbooks. Sadly, the huge numbers of people suffering from long-COVID, is bringing much needed awareness to the disease, and with that comes more money for research and more information for medical professionals.

Lydia Wahlert 304-5779

Exira Library

In Story Time yesterday we read The Leaf Thief and decorated leaves to hang in the library







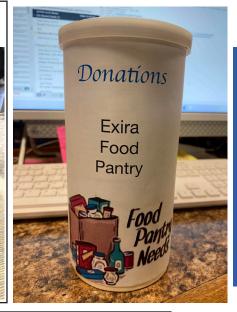
When the cold weather hits, you go to the library after school to warm up with hot chocolate



We had two birthdays to celebrate last week in Story Time! Happy Birthday to Tate and Levi







Cookie Cutters
Safari for Check Out Monster
Trucks

Vareness
Ribbon

All ports

Cookie Cutters

Monster

Trucks

Monster

Monster

Monster

Monster

Monster

M









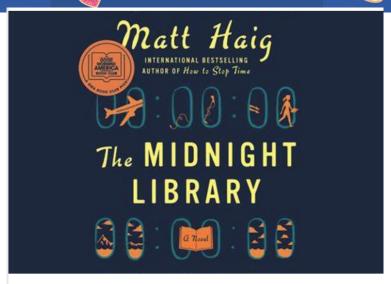




Our sweet little Huxley got to take Booker home from Story Time last week! It looks like they had fun reading books and dressing up for Halloween







WED, NOV 15 AT 6 PM

November Book Club

7 Interested · 2 Going











AN EXTRAORDINARY NURSE IS RECOGNIZED AT Myrtue Medical Center Courtnee Albers, RN, who is an Inpatient and Birthing Center nurse

Nurses at Myrtue Medical Center are being honored with The DAISY Award For Extraordinary Nurses. The award is part of the DAISY Foundation's program to express gratitude to nurses who perform extraordinary care and compassion every day.

The not-for-profit DAISY Foundation was established by family members in memory of J. Patrick Barnes. Barnes died at the age of 33, in late 1999, from complications of Idiopathic Thrombocytopenic Purpura (ITP), a little-known autoimmune disease. The care he and his family received from nurses while he was ill inspired this unique means of thanking nurses for making a profound difference in the lives of their patients and patient families. Shortly after Patrick's death, the nonprofit DAISY Foundation was formed with DAISY standing for Diseases Attacking the Immune SYstem.

Myrtue Medical Center implemented The DAISY Award nomination in 2019 and an honoree is recognized twice per year in a special ceremony. In November 2023, during National Med/Surg Nurses Week, the DAISY award recipient at Myrtue Medical Center was Courtnee Albers, RN, who is an Inpatient and Birthing Center nurse. Courtnee received more than one patient submission, and her winning nomination was submitted by an inpatient who had a complication related to Crohn's disease. This patient expressed how his stay was positively impacted by Courtnee's kindness, compassion and proactive care.

The DAISY Award for Extraordinary Nurses has been adopted by healthcare facilities around the world to celebrate nurses. Nominations for the nurses may be from patients, families, and colleagues. They are chosen to receive the award by a selection committee of nurses and administrative personnel. Nomination forms and collection boxes are located in inpatient waiting areas throughout the facility or on Myrtue's website. "This award truly highlights the incredible work our nurses do every single day for patients, families, and staff. We are proud to be among the healthcare organizations participating in the DAISY Award program," stated Karen Buman, Chief Nursing Officer.

Community Fun

Audubon County Travelers Donate Bench By Connie Esbeck

The Audubon County Travelers camping club camps at various parks during the months April through October, but the first and the last one of the camping season is aways at Albert the Bull Park at the edge of Audubon. In April, the water is turned on and the restrooms opened. In October the water is shut off and the restrooms closed, but this October something new was added to the park just outside the shelter house. The club purchased a bench made with recycled plastic, which looks and feels to me, like wood as I could feel a grain over the seat as I slid by hand over it. The writing on the back says Audubon County Travelers Club - Est. 1963. One of the fun things about the October meeting, which we call the "Freeze-Out" is that everyone contributes something to make a big pot of vegetable beef soup over an open fire. Amazing how it always turns out so tasty when no one knows what the other one is contributing to it.



Bench – Donated by Audubon County Travelers





Front row: Courtney Davis, holding son Caseyn; Sonia Cutting Second Row: Sitting on bench: Jerry Sederburg and Dave Wargelin Third Row: Marty Ericksen, Lisa Ericksen, Judy Thompson, Leon Thompson, Nedra Elmquist, Delbert Elmquist, Chris Davis, Annette Nissen, John Nissen, Shirley Jensen

Absent from picture: Glenn and Connie Esbeck, Bob and Jennie VanBemmel, Bob Hensel, Chuck Elmquist (who took the picture), Jon and Diane Esbeck, and Gary and Charlene Payne.



Community News

Members of Exodus Chapter, OES, Exira Displaying Lap Robes and Clothes Protector For Several Care Facilities By Connie S. Esbeck

Two of our Exodus Chapter members, Barb Jacobsen and Joan Shaffer, declared the "seamstresses" and quilters of the Chapter, pieced, sewed and quilted twenty-six (26) lap robes and altered (34) men's shirts by removing the sleeves and the back panel, replacing it with two long ties to go around the resident. These were distributed to five care facilities in the area – Audubon, Exira, Manning, Elk Horn, and the Hansen House in Harlan. This project was done as a state-wide endeavor and has been very successful. Members of Exodus Chapter in a care facility or homebound, were also given one.

On September 27th, Joan Shaffer, Pat Mullenger, Diane Esbeck, and Connie Esbeck, met at the home of Barb Jacobsen in Audubon to craft greeting cards of all kinds. Forty (40) cards were made that day. This is also a state-wide project of Eastern Star this year. Many Chapters have made cards. One Chapter reported they had made over 200. The cards were distributed to the project chairman and were mailed to active military personnel. Get Well, Happy Birthday, Valentines Day, Sympathy, Christmas, Thinking of You, and some left blank inside are a variety of those made that day.



Phyllis Kline, a resident in Assisted Living at the Hansen House in Harlan. One of the workers at the Hansen House is with Phyllis and holding up a clothes protector made from a shirt belonging to Phyllis' late husband, Chuck Kline, who had also been a resident there. Phyllis donated several of her late husband's shirts for the project.



Sharon Vonesh, resident of the Exira Care Center and also a member of Exodus Chapter is shown with the lap robe given to her from the Chapter. She was also given a clothes protector, of which she was very appreciative of both.

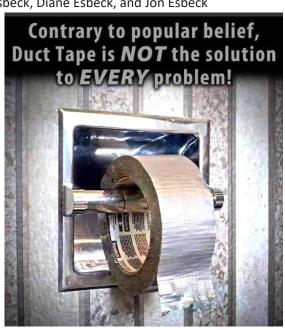


Front Row L-R: Joan Saffer, Pat Mullenger, Donnie Esbeck, Barb Jacobsen

Second Row: Glenn Esbeck, Diane Esbeck, and Jon Esbeck









CULTURAL PROGRAMMING for PEOPLE WITH MEMORY LOSS

The Museum of Danish America is excited to announce the implementation of a free monthly cultural program for those with early- to mid-stage memory loss and their care partners called SPARK!

Thank you so much!

Alissa LaCanne

at Cass Health.

Youth and Community Educator

MUSEUM OF DANISH AMERICA'S GENEALOGY & EDUCATION CENTER E: ALISSA.LACANNE@DANISHMUSEUM.ORG | P: 712.764.7010 4210 MAIN STREET, PO BOX 249, ELK HORN, IA 51531



Welcome to Medicare Seminar at Next Healthy U Atlantic, IA – The November session of Cass Health's Healthy U lunch-

and-learn series will feature information about Medicare. "Welcome to Medicare" is a one-hour seminar offered by local Senior Health Insurance Information Program (SHIIP) volunteers. The seminar will be held on Thursday, November 16 at noon in Conference Room 2

"Welcome to Medicare" will cover Medicare Part A and Part B benefits, the prescription drug benefit (Part D), Medicare Advantage plans and Medicare supplement insurance.

SHIIP is a service of the State of Iowa. SHIIP services are free, confidential, and unbiased. SHIIP counselors are trained by the state and do not sell or promote any insurance companies, policies, or agents. Cass Health is a local sponsor for SHIIP in Cass County.

Space is limited! A free boxed lunch is provided for all attendees, so reservations are required. Call 712-243-7479 to reserve your seat. For more information about Healthy U, visit casshealth.org/healthyu.

Ann E. McCurdy
Director of Marketing & Communications





New Podiatrist at Cass Health

Atlantic, IA—Cass Health is excited to announce that Michael Egertsen, DPM, FACPM, AACFAS joined the medical staff full-time this month. He will offer clinic appointments and perform surgeries at Cass Health.

Since 2016, Dr. Egertsen has worked for the Washington DC VA Medical Center providing foot and ankle surgery, advanced wound care, limb salvage, sports medicine, and more.

Dr. Egertsen is a member of the American Podiatric Medical Association, a board-certified Diplomate of the American Board of Podiatric Medicine, an Associate of the American College of Foot and Ankle Surgeons, and board-qualified by the American Board of Foot and Ankle Surgeons.

"When I was considering different careers within medicine, the podiatry providers I met were the happiest doctors, and patients absolutely loved them. Plus, I liked the complexity of what they did — there is a lot going on in your foot — so I knew it was a good fit for me," said Dr. Egertsen.

A native of Laurens, Iowa, Dr. Egertsen graduated from the University of Iowa and the Des Moines University College of Podiatric Medicine and Surgery. He completed his residency with the Department of Veterans Affairs — Maryland Health Care System.

"It has always been my plan to come back to lowa. A lot of my fellow residents and friends were shocked that I stayed in DC after residency and didn't immediately head to a rural area. I'm thankful for the years I had with the VA, and the timing is finally right for me to move home. I'm excited to be at Cass Health because I like to work in a hospital setting. I think it's what is best for the patient, and it is important to me that the patient always stays the priority."

Dr. Egertsen will begin seeing patients by appointment in early November.

###

Exira-EHK 2023-2024 1st Quarter HS Honor Roll High Honor Roll (3.50 and above)

SENIORS Hailey Berns Cole Brabham **Emily Bricker** Jathen Devereaux-Carlile Cash Emgarten Aiden Flathers Gemini Goodwin Riley Gross Jameson Kilworth Jonas LaCanne Desiree Lopez Hannah Nelson Jaiden Pettepier Xavier Prine Jackson Radcliff Philip Reinhardt Hailie Snider Mariah Traver Quintinn White Eric Wilson

Juniors Ries Andersen Hailey Bieker Olivia Dixon Harlee Fahn Tristan Garlick Edyn Halterman Alex Hansen Cannon Hansen Hannah Jensen Levi Jessen Mayne Jorgensen Gideon King Lillian McCall Irelynd McCarthy Elizabeth Miller Bella Muller Shelbi Partridge Jacey Smith

sophomores Ben Baggett Mara Christensen Parker Fister Gus Greving Graic Hill-Borger Sophie Kitelinger Paige Konecne Jakob LaCanne Keagan Menter Kaelyn Parker Austin Rasmussen Emma Reinhardt Brooklynn Young

freshmen Annabelle Baggett Leah Boysen Lily Bricker Kaitlyn Christensen Kylie Christensen Piper Christensen Brooklyn Flathers Josiah King Riley Miller Cooper Paulsen Taryn Petersen Jersey Ratigan Slade Sandbothe Olivia Smith Michelle Wilson **Anthony Young**

Exira-EHK 2023-2024 1st Quarter JH Honor Roll

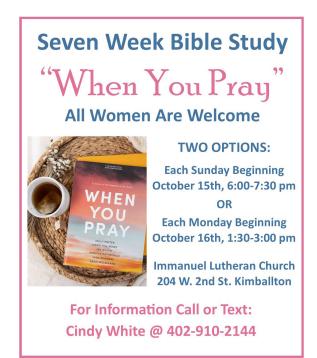
HIGH HONOR ROLL				
(3.50 and above)				
Lillian Andersen				
Ryleigh Anthofer				
Brooklyn Brabham				
ShaeAnn Carpenter				
Joshlynn Jacobsen				
Aubrey Nelson				
Everett O'Hearn				
Hannah Pedersen				
Andi Riesgaard				
Katelyn Warnaca				
Addison Wiemann				
Rye Butler				
Josephine Carlile				
Jack Hansen				
Zoey Rasmussen				
Brooklynn Snider				

HONOR ROLL (3.0-3.49)Chet Boysen Matthew Hansen Karson Johnson Chloe Konecne Rayden Moore Teagan Muzzy Thomas Petersen Olivia Poldberg Trent Young Landon Angell Cameron Dixon Olivia Malloy Blake Nelson Sylus Parker

Honor Roll (3.0-3.49)

seniors	Juniors	sophomores	freshmen
Jordan Jensen	Gracie Bartz	Bryce Brabham	Gavin Anthofer
	Joshua Nelson	Owen Juhl	Hannah Gross
	Gracie Olsen	Josten Kilworth	Fred Harris
	Timothy Rein-	Jaelyn Petersen	Madison Johnson
	hardt		Riley White





My name is Ashley and I will soon be opening my very own studio in Elk Horn! I will be offering handpoked (machineless) tattoos and custom art - with more to come down the road 69 I have been doing handpoked tattoos for about three years now and making art for about as long as I can remember. I am very excited to get this place up and running, just as soon as we get a few renovations out of the way. Until then, feel free to check out my page and stay tuned to follow along for more updates! 5



Elk Horn Library

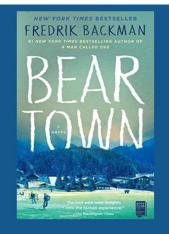
November 20 @ 6:00 Elk Horn Library

Join us for the November Outlook Study Club at 6:00. Bring a quilt that has a personal meaning for you to share with the group. Our hostesses are: Mary Secress. Shar Steen and Dusty Turner. Plan to join us!



The story is about a small remote town, where hockey is the main hope to drive its economy, tourism, and glory. Through the lens of various characters, it begins with the junior ice hockey team about to compete in the national semi-finals. After a traumatizing event that affects the entire town, it delves into the secrets and the courage of every individual.

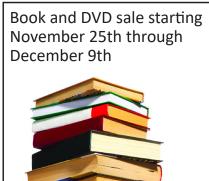




December 7th
6:30pm
at the
Elk Horn
Public Library





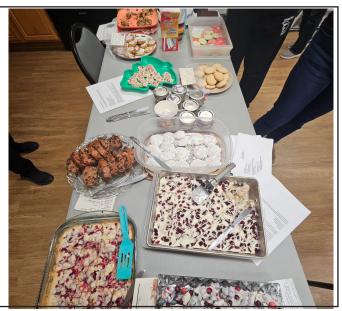




What a wonderful and delicious time we had tonight taste testing some Christmas treats! The Cherry Bliss made by Donna McClain was the biggest hit of the night!

Stop in the library to pick up copies of all the recipes.

Our next Cookbook Club will be January 4th.



COMMUNITY -VOICES

Today's article is a response from Ben Hansen. Due to its length, it will span multiple papers. Thank you for your thoughtful contribution, Ben.

I read with interest the submission from "A Subscriber" for the October 26th issue entitled "Just asking". Rather than just copy/pasting some pre-written talking points they pose earnest questions. I believe that such a thoughtful list of questions warrants further discussion. I hope the following points can contribute to a helpful discussion.

-- Why is it that when archaeologists find human remains, they always determine that they are either male or female and none of the other dozen genders?

The process of determining the sex of human remains in archaeology is based on established biological and anthropological methods and is not intended to dismiss the idea of gender diversity. Here are a few points to consider in response to this claim:

1. Biological Sex vs. Gender: It's important to distinguish between biological

sex and gender identity. Biological sex refers to the physical and genetic characteristics that classify individuals as male or female, whereas gender is a more complex social and personal identity that encompasses a broad spectrum of identities.

2. Scientific Accuracy: Archaeologists use established biological indicators

like skeletal features and DNA analysis to identify biological sex. This method is based on empirical evidence and scientific research.

- 3. Historical Context: In many historical contexts, societies had binary gender systems, which is why archaeologists often categorize remains as male or female based on the available evidence. However, they recognize the limitations of this approach.
- 4. Recognition of Gender Diversity: The absence of more complex gender

identification in archaeological findings does not negate the existence of non-binary or other gender identities. It's simply a reflection of the methods used and the historical context of the remains.

5. Expanding Perspectives: The field of archaeology is evolving, and many

archaeologists are working to acknowledge and incorporate gender diversity in their research. Some are exploring how to better represent non-binary and diverse gender identities in their analyses.

In summary, the classification of human remains as male or female in archaeology is primarily based on biological indicators and historical context, not an attempt to invalidate gender diversity. The recognition of diverse gender identities is a separate and important aspect of contemporary societal understanding and should not be conflated with the methodology of archaeology.

Several people have voiced their interest in sending in comments. However, they a concerned of repercusion. In a small town, this is often an issue. As long a we know the comment comes from a valid source, we will print it as anonymous.

Things to ponder

When you are bored just think about a few things that don't make sense ...like;

- 1. If poison expires, is it more poisonous or is it no longer poisonous?
- 2. Which letter is silent in the word "Scent," the S or the C?
- 3. Do twins ever realize that one of them is unplanned?
- 4. Why is the letter W, in English, called double U? Shouldn't it be called double V?
- 5. Maybe oxygen is slowly killing you and It just takes 75-100 years to fully work.
- 6. Every time you clean something, you just make something else dirty.
- 7. The word "swims" upside-down is still "swims"
- 8. 100 years ago everyone owned a horse and only the rich had cars. To-day everyone has cars and only the rich own horses.
- 9. If you replace "W" with "T" in "What, Where and When", you get the answer to each of them.

Great confusions are still unresolved

- 1. At a movie theatre, which armrest is yours?
- 2. If people evolve from monkeys, why are monkeys still around?
- 3. Why is there a 'D' in the fridge, but not in the refrigerator?
- 4. Who knew what time it was when the first clock was made? And now...

Vagaries of English Language...

- Why isn't a Fireman called a Water-man?
- Why does Lipstick not do what it says?
- Why do we put cups in the dishwasher and the dishes in the Cupboard?
- Why do doctors 'practice' medicine? Are they having practice at the cost of the patients?
- Why is it called 'Rush Hour' when traffic moves at its slowest then?
- Why do Noses run and Feet smell?

We can never find the answers, can we?

So just enjoy the pun and fun of the English language!!



October 2023 Board Meeting

As always, our October Board Meeting was a spectacular gathering! There was so much to see and do! The three-day affair began with a Brown Bag Lunch by Edward Broadbridge entitled "N.F.S. Grundtvig, Denmark's Catalyst for Common Good." Board and community members also participated in Throwback Thor's Day, view the Model A, and a seed-gathering activity on the Jens Jensen Prairie Landscape Park (not to mention many late-night activities including performances by piano Glenn)! We would like to extend a most heartfelt thank you to our staff, board, and museum members—you are the Museum of Danish America, and you embody its mission and values. We are so blessed to have such support.

We would also like to thank our many caterers: O&H Danish Bakery, The Norse Horse Tavern, Master Griller Catering and Concessions, Grace on Main, & Kitchen Sisters, LLC.







Upcoming Event! Brown Bag Lunch – November 16th

Scan Design Foundation intern Svend Buus will discuss Danish immigration to Argentina

Bring your lunch to the museum at 12pm for MoDA's free monthly speaker series, made possible with financial support from former board member Dennis Andersen, Atlanta, GA.



Love You More continued from pg 1

help with this and that God led her here.

Elizabeth is a published writer. She has published a chapter in the Anthology titled The Beauty of Forgiveness compiled by Ursula Evans. Her chapter is called You Are A Temple: Be Sure To Take Out The Trash. You can purchase a signed copy at Love You Mor.

My interview with Elizabeth was delightful. Her story is wonderful. I just wish I had the space to print it all. Stop in and see all the marvelous merchandise she has, which includes: Decor, scented bath balms, soaps, candles and toys and much more! As a matter of fact she has so much that she has extended her inventory over to Rustic Roots Salon. Stop in there on your visit to Love You Mor. Store Hours are Monday, Thursday and Friday, 10-4, Saturday 9-3, Sunday 11-3. You can shop by appointment on off hours by calling Elizabeth at 407-3128753

Also in the same building, she has constructed an AIRBNB named, approprietly, The Review AIRBNB. It already has received good reviews, if you or someone you know would like to book a stay you can do so by contacting Airbnb at this Link https://air.I/7aRrffJm. Or call Elizabeth at 407-312-8753.















Join us on Friday, November 24th and Saturday, November 25th for Julefest 2023 at the Danish Windmill and around our Danish Villages. Tour our historic windmill, enjoy samples of havarti cheese, delicious gløgg, and aebleskiver, and get your Christmas shopping done for yourself and your loved ones with unique gifts and imports from Denmark!

Julefest is an annual holiday celebration in the Danish Villages with local businesses and organizations participating in special offerings and holiday cheer for the coming Christmas season. Taste unique Danish foods, enjoy a concert, tour our museums and heritage sites, and shop around in our local boutiques, the antique mall, or the vendor craft fairs. It's the perfect time of year to get all of your holiday shopping done while also living the unique experience of Danish-American Christmas traditions in a rustic setting.

Our Danish Windmill is decked with lights for Christmas every year.

The Danish Windmill will be offering free tours of the windmill Friday-Sunday with extended hours. Our gift shop of Nordic imports,

local products, and specialty goods will be fully stocked with all of your unique gift items, collectibles, and souvenirs. In addition to our usual samplings of havarti cheese and gløgg, we will be offering an aebleskiver demonstration this year with free samples. And don't forget to check out the rest of the festivities happening in Elk Horn and Kimballton including the 5k Polar Run, a classical music concert, meal specials, unique shopping opportunities, craft and bake fairs, and more.

All information will be published in our annual Julefest brochure, free to pickup at the windmill or neighboring locations.









Santa's Little Helpers is a community event that was founded in Elk Horn, IA by Katie Andersen in 2021 to help get young children in the spirit of GIVING during the Christmas season!! A fun afternoon event with crafts, snacks, and shopping just for kids (sorry parents this is their time to shop)!

This come and go event is an opportunity for children 5th grade and under to expereince the joy of giving a gift to members of their household. Each item is only \$0.25 and a wrapping station is included so the suprise of the gift can be kept until Christmas! Follow: Santa's Little Helpers for more info!



